

Stearns Champions Park
Adaptive Recreation in a
Special Environment
A.R.I.S.E.

4520 East 23rd Street
Long Beach, 90815
Phone: (562) 570-1685

The A.R.I.S.E. Program provides sports, recreational, and social activities for Long Beach adult residents with disabilities. In addition, the *Adaptive A.R.I.S.E. Recreation* program provides information and referral services for the disabled.

Dining Out Program
First Wednesday Of The Month

February 3 @ Hometown Buffet (\$20.00)

Movie Night
Third Wednesday Of The Month

February 17 @ LAKEWOOD CENTER
\$25.00 Minimum

ARISE PROGRAM

Tuesday: Healthy Champions
Wednesday: Arts & Crafts
Thursday: Field Trip

All Programs Closed Monday, February 15

THE HANDIVAN IS ON A FIRST COME FIRST SERVE BASIS. HANDIVAN RESERVATIONS ARE TAKEN ON MONDAY MORNING OF THE EVENT'S WEEK. PLEASE CALL (562) 570-1685 TO REQUEST THE HANDIVAN. YOU WILL RECEIVE A CALL IF THE VAN IS FULL

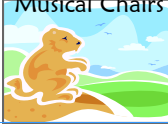

CALENDAR IS SUBJECT TO CHANGE

City of Long Beach Parks, Recreation & Marine
Community Recreation Services



STEARNS CHAMPIONS PARK
Young Adult A.R.I.S.E. PROGRAM
Tuesday - Thursday 2PM - 5 PM

FEBRUARY 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>In And Out</i>	1	2 Healthy Champions Musical Chairs 	3 Arts & Crafts Valentine Cards Dining Out	4 Field Trip Nature Center	
<i>Be My Valentine</i>	8	9 Healthy Champions Indoor Hula Hoop	10 Arts & Crafts Chinese Drums	11 Field Trip Seal Beach Main Street	12
<i>"Four Score And Seven Years Ago"</i>	15 CLOSED 	16 Healthy Champions Hand Weights	17 Arts & Crafts Flags Movie Night	18 Field Trip Port Of Los Angeles	19
<i>Sweatin' To The Oldies</i>	22	23 Healthy Champions Exercise To The Oldies	24 Arts & Crafts Calendars	25 Field Trip Signal Hill Scenic Park	26
<i>Keeping It Real</i>	29				